



PAUSE TO CONSIDER

Newsletter of the Town of Evans Senior Center

999 Sturgeon Point Road, Derby, NY 14047 - (716) 947-0974

OFFICE HOURS 7AM - 4PM Veronica Sullivan-Yeager, Director

Helping Seniors remain in their own homes through active participation, socialization, recreation and nutrition in the community.

APRIL 2020

REMEMBER EVERYDAY ACTIVITIES

7-9 AM EVERY MORNING Start your day with some cardiovascular exercise in our open Gym. Utilize the exercise equipment and walk laps around the gymnasium.

12 NOON MONDAY – FRIDAY

Lunch served! Stop in any time for a menu. Suggested cost is \$3.00. Please call two weeks prior to order – 947-0974. Be at the Center by 11:45 AM, and please try to call in cancellations before noon any day you can't make it.

CALL 947-0974 TO REGISTER FOR: MONDAY

Coloring Corner/Puzzles/Games

@ 9 AM – 3 PM (every week)

Open Corn Hole @ 9 AM – 10 AM

Card Making by Natalie @ 9 AM

(Every 1st Monday each month)

Charity Quilting @ 9 AM-3 PM

Every 2nd Monday each month

Resistance Band Exercise (every week) @ 10:00 AM – 10:30 AM

Healthy Self (meditation, relaxation techniques, and more)

11:15 AM – 12:00 PM (every week)

TUESDAY

Bingo @ 10 AM -11 AM (every week)

Low/No Impact Cardio Workout

w/Lisa @ 10 AM (every week)

Open Computer Lab -

@ 10 AM-12 PM (every week)

Beginner Tap @ 11:10 AM –12:00 PM (every week)

WEDNESDAY

Coloring Corner/Puzzles/Games

@ 9 AM – 3 PM (every week)

Sitting in Motion Exercise -

@ 10 AM-11AM (every week)

Open Computer Lab -

@ 10 AM-12 PM (every week)

Tai Chi for Beginners *NEW**

@ 1:45 PM - 2:45 PM every week (sitting & standing style). Geared for senior population. ***Must sign up**

Tai Chi for Intermediate *NEW**

@ 2:50 PM – 3:50 PM every week (sitting & standing style).

***Must sign up**

Painting With Acrylic

@ 1:30 PM - 3:30 PM

Every 2nd and 4th Wednesday each month. Open to public-must sign up.

THURSDAY

Cards @ 9 AM - 3 PM every week

Beginners Quilting @ 9AM - 3PM

1st & 3rd Thursday each month

Open Quilting Workshop

@ 9 AM - 3 PM

2nd & 4th Thursday each month

NEW Yoga Class @ 10 AM – 11 AM

Note: Every week. Standing and sitting style will be taught.

FRIDAY

Coloring Corner/Puzzles/Games

@ 9 AM – 3 PM (every week)

Open Corn Hole @ 9 AM – 10AM

Beginners Crocheting Class @

10:30 AM–12 PM (every week)

Line Dancing Class with Gloria

@10:30-11:30 AM (every week)

****Must sign up!**

Sewing Class @ 1PM – 3 PM

Started March 13th, then every week till the end of June.

A Stay Fit Nutritional Lunch Program is offered at the Evans Senior Center each day at noon. Cost is \$3 per meal. Two weeks advance registration required.

MEETINGS AT THE SENIOR CENTER

Senior Advisory Board Meeting

@ 6:00 PM 2nd Monday of the month

Do you like to volunteer? We are looking for individuals who would enjoy teaching our seniors a new craft, or exercise program, or hobby. Give us a call - we'd love to hear from you!

INFORMATION & REFERRAL SERVICES

Harmonia Collaborative Care

947-5025

Meals on Wheels: 822-2002
Evans Rural Transit Van Service
549-5098 – Dr. Apt., Errands, Etc.

Going Places Van

858-7433 Mon–Fri, 8:30 AM – 4:30 PM

Erie County Senior Services

858-8526

Telephone Assurance Program

(TAP) 896-6388

Evans Police–Non-Emergency

549-3600

Highland Hose Volunteer Fire Co.

947-4505

Evans Center Volunteer Fire Co.

549-1221

North Evans Volunteer Fire Co.

627-3410

Lake Erie Beach Fire Co. 549-1122

Angola Village Fire Co. 549-3022

For more information about additional Senior Services and Programs such as HEAP, Adult Day Care & Respite, etc., please visit the Erie County Department of Senior Services @ www.erie.gov/depts/seniorservices

POSITIVE QUOTE CORNER

“Be kind to people whether they deserve your kindness or not.

If your kindness reaches the deserving, good for you.

If your kindness reaches the undeserving, take joy in your compassion.”

– James Fadiman, *Essential Sufism*

SPEAKERS CORNER NEWS @ THE SENIOR CENTER

Special Featured Speakers for the Month of APRIL 2020

Free & Open to the Public

*****Need to call and sign up for Speakers*****

- **Monday, April 6th, 2020 @ 1:00 p.m.**
“Celtic Whispers Across the Wild Atlantic” with Roseanne Higgins, adjunct professor of Anthropology
This program focuses on the field research undertaken for book five of the *Orphans and Inmates* series, *The Girl on the Shore*. The lecture includes images and anecdotes from each location depicted in the book, including Dublin, Galway, and Inis Mór. The history of Inis Mór, the largest of the Aran Islands on the west coast of Ireland, is also discussed as are the mysterious circumstances that take the story back to Ireland.
- **Thursday, April 9th, 2020 @ 1:00 p.m.**
“Erie County Cremation Burial Service”
This program will provide the opportunity for individuals to listen to another avenue for burial services for themselves or loved ones with a less expensive price tag.
- **Friday, April 17th, 2020 @ 1:00 p.m.**
Western New York Pain Relief & Integrative Services Presents:
“STOP THE PAIN OF NEUROPATHY AND SCIATICA!!”
Come learn about the new innovative and exclusive treatment solutions that stop feet, legs or hands pain due to Neuropathy. Treatment can relieve pain – restore feeling – and has been proven safe and effective. Western New York Pain Relief & Integrative Wellness is an Electroanalgesia (EA) Provider.

- Monday, April 20th, 2020 @ 1:00 p.m.**
“Birds in the Niagara Region Parks”
Presented by Matthew Nusstein, Naturalist NYS Parks
 Matthew Nusstein will speak on the grasslands of Knox Farm to the rushing waters of the Niagara River. With Matthew, we will explore the incredible birding opportunities our local state parks provide.
- Monday, April 27th, 2020 @1:00 p.m.**
“Harriet Tubman – Daughter of Slavery, Mother of Freedom”
Presented by Judith Geer, Retired Educator and Librarian, Erie Community College
 Ms. Geer presents the story of the young slave girl who traveled over state lines to aide family and friends to freedom. Come and hear of the efforts of this courageous young woman.

COMMUNITY NEWS

- Every first Thursday of the month**, we celebrate members of the Center's birthdays with a celebration cake at 12:00 p.m. Everyone is welcome!!
- The Month of April will be our Annual Basket Raffle Fundraiser for the Senior Center. Proceeds will be utilized for our programs, equipment and activities during the calendar months. The Center welcomes any basket donations for this event. Please call the Senior Center at (716) 947-0974 for more information.
- I would like to notify all members of the Center that during the months of **April-June** there will be **outside construction** happening on the building. They will be doing part of the roof along with the brickwork. So at times, the entrances will be blocked and unable to be utilized for entrance of the center.
Please be understanding and patient during this time.

Support the Senior Center with your empty cans and bottles by returning them in the name of Evans Senior Center to:

“Green Zone” on Erie Road, Angola, and

“Can Counter” located at 6811 Erie Road, Derby

JOIN IN OUR TRAVEL CLUB!!

1. Mystery At Lost Memories Manor, Thursday, May 21, 2020.
Interactive Murder Mystery along with Buffet Luncheon.
Departure at 10:30 a.m. at the Evans Senior Center and return to the Senior Center at 5:00 p.m. approximately.
2. Seneca Niagara Casino Special Event, Tuesday, June 9, 2020
Receive \$30 slot dollars plus Lunch Buffet
Departure at 8:30 a.m. at the Evans Senior Center and return to the Senior Center at approximately 4:30 p.m.

For Booking or more information, Contact: Tony Montoro (716) 549-5347

Easter Recipes Dish to Pass:

Basil Pesto Bread Rounds

Ingredients

- 1 (1 pound) loaf French baguette
- 2/3 cup mayonnaise
- 1/3 cup basil pesto

- 2 cloves garlic, minced
- 1/2 cup freshly grated Parmesan cheese
- salt to taste

Directions

1. Preheat oven on broiler setting. Arrange bread slices in a single layer on a cookie sheet. Place under broiler for 5 to 8 minutes, or until lightly toasted on one side. Watch carefully to ensure they don't burn. Remove from oven, and flip bread slices so that the toasted side is on the bottom.
2. Set the oven temperature for 350 degrees F (175 degrees C). In a small bowl, mix together mayonnaise, pesto, garlic, Parmesan and salt. Spread evenly over untoasted sides of bread slices.
3. Bake in the preheated oven for 6 to 8 minutes. Set the oven to broil, and place the rounds under the broiler just until they begin to bubble and turn golden. Let cool slightly before serving.

Sunny Pepper Parmesan Rice with Spinach

Ingredients

- 2 cups uncooked instant rice
- 2 cups water
- 1 tablespoon vegetable oil
- 1 large orange bell pepper, finely chopped
- 1 cup red bell pepper, finely chopped
- 1 cup yellow bell pepper, finely chopped

- 3 tablespoons chopped sweet onion
- 2 cups torn baby spinach leaves
- 1 teaspoon garlic salt
- 1 tablespoon seasoned salt
- vinaigrette salad dressing to taste
- 1/2 cup grated Parmesan cheese

Directions

1. Place rice and water in a pot, and bring to a boil. Let sit five minutes. Fluff with a fork.
2. Heat the oil in a wok over medium heat. Stir in the orange bell pepper, red bell pepper, yellow bell pepper, onion, and spinach. Season with garlic salt and seasoned salt. Cook 5 minutes. Mix in cooked rice, vinaigrette and Parmesan cheese. Continue cooking until heated through.